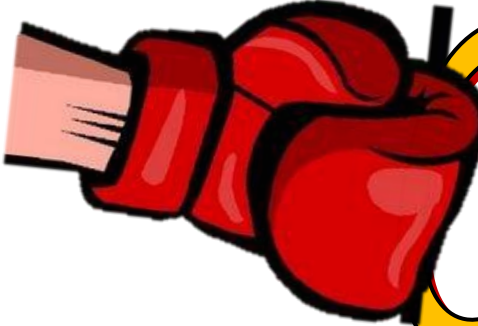


Support the FIGHT against cancer!

Please join us at our FREE event!

KNOCK

 **CANCER
OUT!**

brought to you by **HEALTHWORKS**

THURSDAY 11TH JULY

12pm-4:30pm

Dalgarno Community Centre

1 Webb Close, Dalgarno Way W10 5QB

healthworks@dalgarnotrust.org.uk

0208-969-6300



FREE LUNCH PROVIDED

Please turn over for more details

Programme

There will be information stalls and health screenings available from various cancer charities throughout the afternoon

12-1pm	Free Lunch
1-2pm	Eating a Rainbow: Healthy Eating Workshop to Prevent Cancer - Nutrition & Dietetics Service
2-2:45pm Suitable for beginners	Free Boxercise Taster Session (Please wear comfortable clothes & trainers)
2:50-3:05pm	African Dance Session - Healthier Life 4 You
3:10-4:10pm	Health Talks
4:15-4:30pm	Guided Meditation

We will also be offering:

- **FREE 15 minute massages**
- **Information on bowel cancer and prostate cancer**
- **BMI & blood pressure checks**
- **Stop smoking advice**